

Vermont Mental Health Performance Indicator Project

DDMHS, Weeks Building, 103 South Main Street, Waterbury, VT 05671-1601 (802-241-2638)

MEMORANDUM

TO: Vermont Mental Health Performance Indicator Project
Advisory Group and Interested Parties

FROM: John Pandiani and Sheila Pomeroy

DATE: April 20, 2001

RE: Rates of Restraint at the Vermont State Hospital

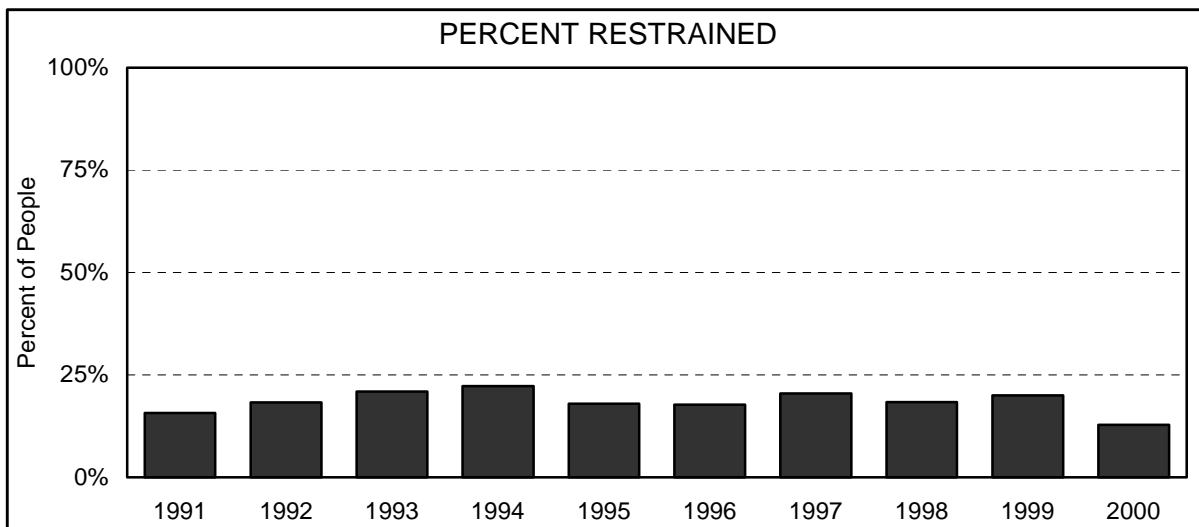
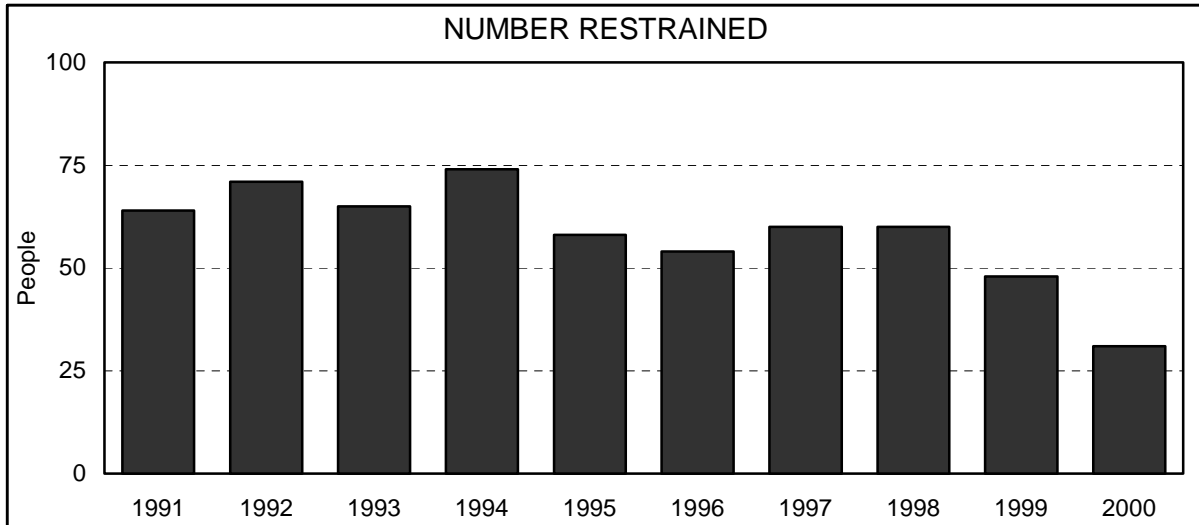
This week's PIP follows upon the examination of rates of seclusion that was distributed last week with a similar examination of the rate at which physical restraint is used in the Vermont State Hospital.

As we noted last week, seclusion and restraint are included as indicators of the performance of mental health service systems based on the belief that, *"Mental health service providers that are consumer-focused value an individual's autonomy and independence. Therefore, these providers seek to maximize the use of service modalities that are minimally, if at all, restrictive. While restrictive treatments are sometimes necessary, utilization of such treatments must be minimized and closely monitored. Over utilization of highly restrictive treatments may represent the unavailability of more appropriate, less restrictive therapies or the presence of treatment providers who lack respect for client autonomy and dignity."* (Performance Measures for Mental Health Systems developed by the Technical Workgroup to the NASMHPD President's Task Force on Performance Indicators, <http://www.rdmc.org/nri/firstpage.htm>).

As you will see, the proportion of VSH patients who were restrained during 2000 was the lowest in the ten-year period under examination. This low followed eight years during which the proportion of VSH patients who were restrained varied between 18% and 22%. There were no consistent differences in the rate at which men and women were restrained. Younger patients were more likely to be restrained throughout this period.

We look forward to your comments, questions, and suggestions for further analysis of data used in this report and the reports on involuntary treatment at the Vermont State Hospital that will follow. As always, you can reach us at 802-241-2638 or jpandiani@ddmhs.state.vt.us.

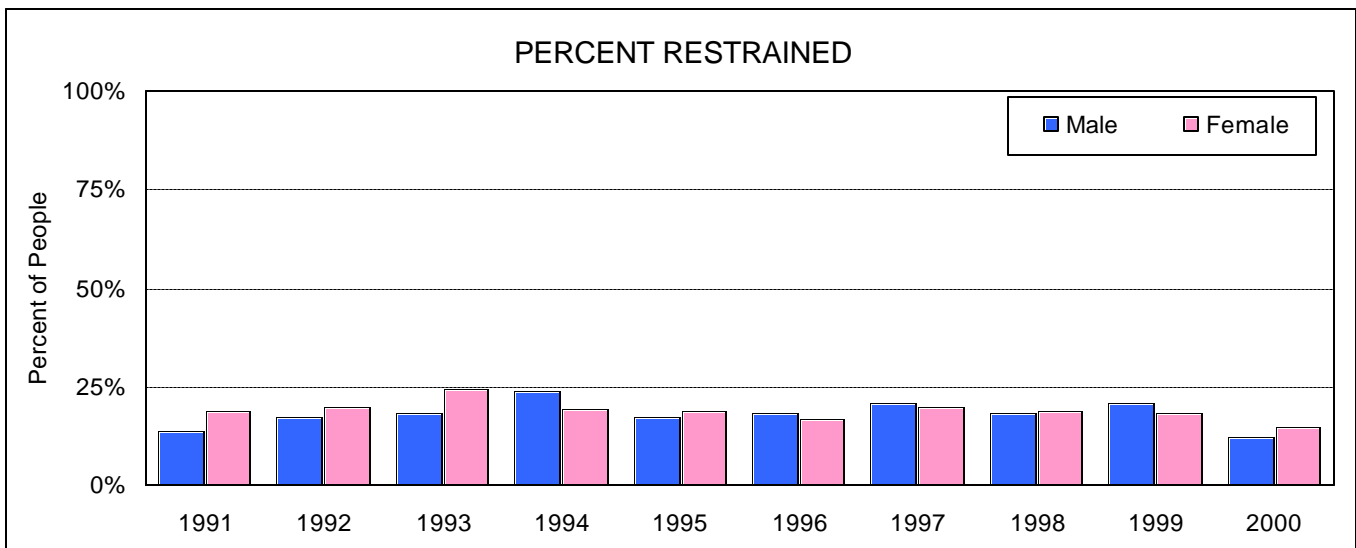
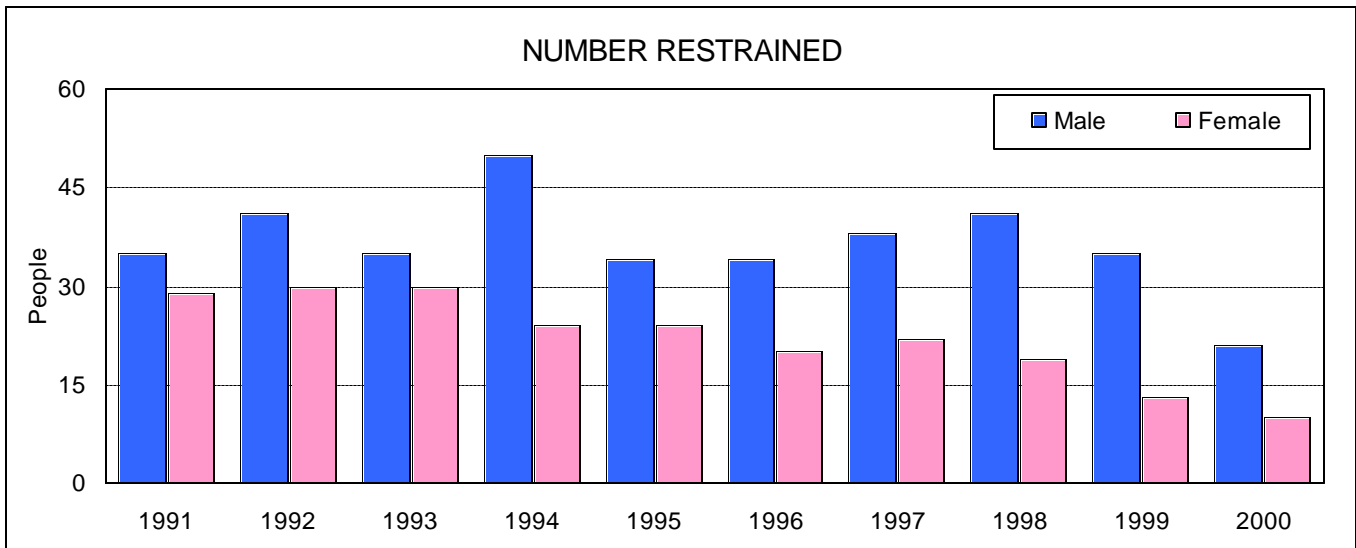
VERMONT STATE HOSPITAL
TOTAL PATIENTS RESTRAINED: FY 1991 - FY 2000



FY	Total Number in VSH	Number Restrained	Percent Restrained
2000	243	31	13%
1999	240	48	20%
1998	327	60	18%
1997	294	60	20%
1996	305	54	18%
1995	323	58	18%
1994	333	74	22%
1993	311	65	21%
1992	389	71	18%
1991	408	64	16%

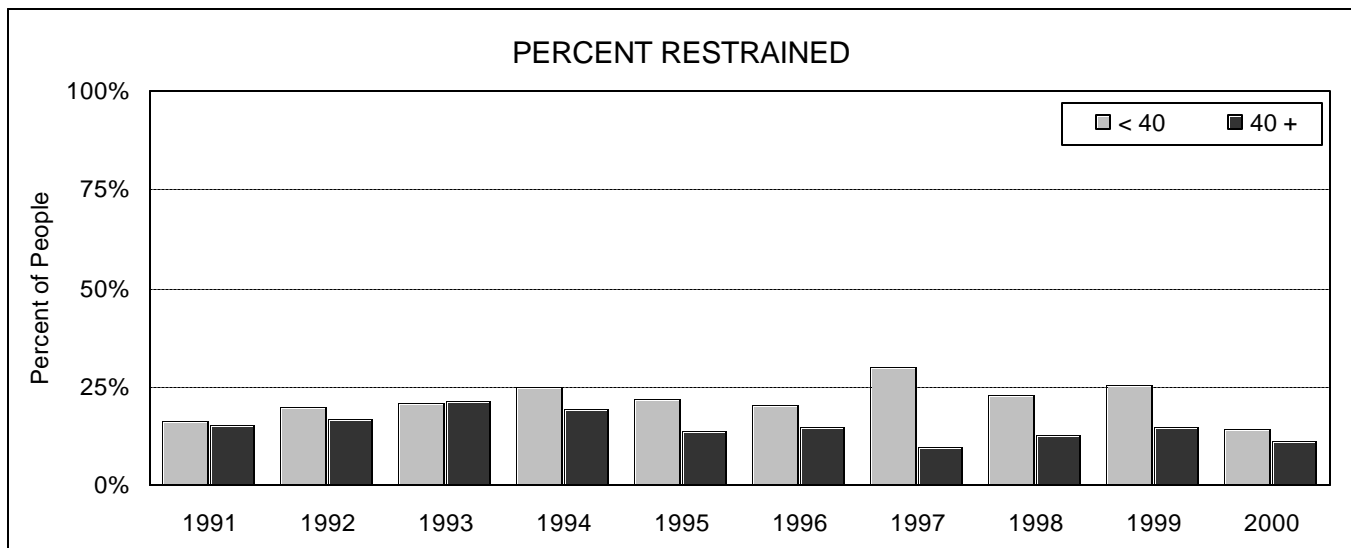
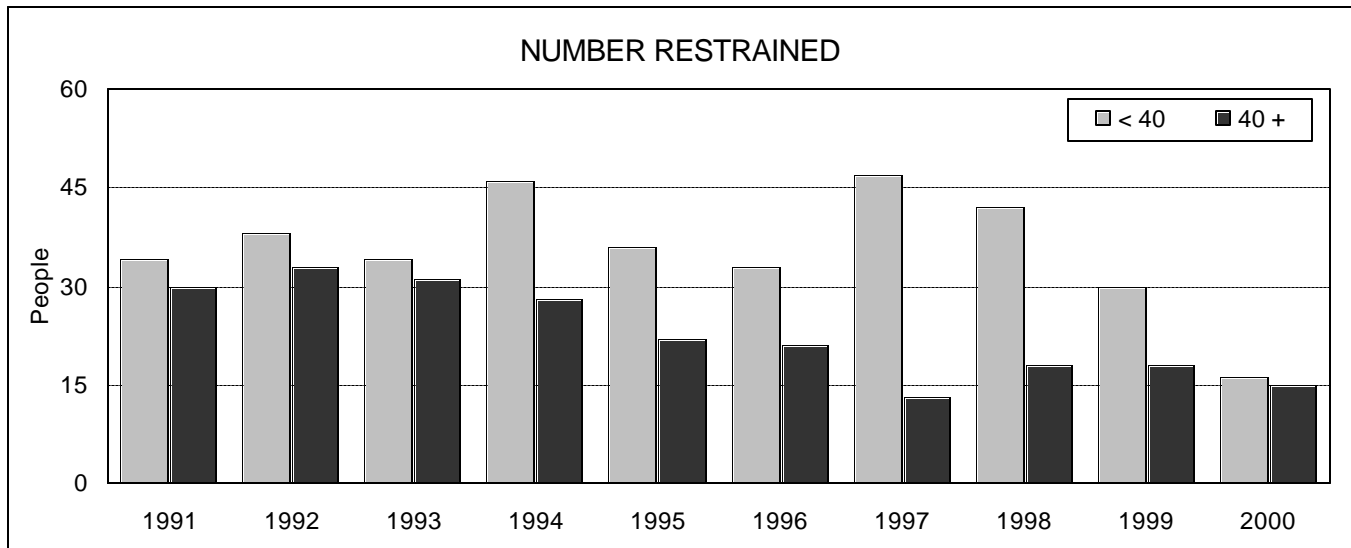
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MALE AND FEMALE PATIENTS RESTRAINED : FY 1991 - FY 2000



FY	Male			Female		
	Total	Restrained		Total	Restrained	
		Number	Percent		Number	Percent
2000	176	21	12%	67	10	15%
1999	168	35	21%	72	13	18%
1998	225	41	18%	102	19	19%
1997	184	38	21%	110	22	20%
1996	184	34	18%	121	20	17%
1995	195	34	17%	128	24	19%
1994	209	50	24%	124	24	19%
1993	189	35	19%	122	30	25%
1992	239	41	17%	150	30	20%
1991	254	35	14%	154	29	19%

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PATIENTS UNDER 40 AND 40 YEARS AND OLDER RESTRAINED:
FY 1991 - FY 2000



FY	Less than 40			40 and Older		
	Total	Restrained		Total	Restrained	
		Number	Percent		Number	Percent
2000	111	16	14%	132	15	11%
1999	119	30	25%	121	18	15%
1998	183	42	23%	144	18	13%
1997	157	47	30%	137	13	9%
1996	161	33	20%	144	21	15%
1995	165	36	22%	158	22	14%
1994	186	46	25%	147	28	19%
1993	164	34	21%	147	31	21%
1992	194	38	20%	195	33	17%
1991	209	34	16%	199	30	15%